

March 2012

TRiO

# ACADEMIC EXCELLENCE PROGRAM

## STUDENT SUPPORT SERVICES

### DIRECTOR'S CORNER:

"Happy Springtime AEP Scholars!

The results are external and internal and have lifelong advantages – but even in the short run, you feel better, look better and perform better.

Spring is my favorite season. It is the time for renewal, improvement and getting into shape. Dedicated adherence to a consistent routine – be it attitude, academics, or general health – always has good results. You feel better, look better and perform better. Your "shape" in one area affects the functions of the other two. So we have to stop getting ourselves out of balance by ignoring the need to have all three areas in line. The integration of a well cared-for wholeness – mind, body and soul – creates an extremely powerful combination that can sustain us through rough terrain and challenging elements.

In fact, just adhering to a good routine in two of the three areas will set in motion a natural reaction that will pull in the third. So let's start planning toward organizing our lives around harmony and success. Develop a plan and take it seriously. Make wellbeing and personal navigation deliberate priorities.

I love to see growth. That's probably the reason plants and children are such a big part of my life. But we all have to remember to reflect in, use our internal sight, and remember to nurture our internal growth. Even when we reach a dead end, branch into another direction and continue growing.

So, let's all make this spring really count. Let's dedicate ourselves to grow stronger and better, and inspire growth through all our choices.

Take care and I am looking forward to seeing some beautiful activity!!!  
-Val

## DATES TO REMEMBER

04-02-12

Fall Registration  
Begins

04-03-12

Internship Fair  
UMC

## MEET OUR STUDENTS:

Hi,

My name is Nima Ataei, I am a senior studying business finance and working towards a certificate in entrepreneurship. I am currently using the AEP facilities heavily, especially for a quiet study environment. I spend on average at least 7 hours a week in the trio lounge and I also attend workshops frequently as well.

Nima Ataei



Hello,

My name is Pasang Sherpa, I am a senior studying Economics and International Affairs. I have been with AEP since my freshmen year and it has been a great journey so far. I am also a peer mentor here at AEP. AEP has helped me a lot during my time here in CU Boulder. I would suggest everyone to use all the available resources.



## SPRING BREAK TRAVELING SAFETY TIPS:

- If you're driving, make sure to have your car inspected and oil changed/filled if need be. Remember to carry a map, plan your route ahead of time, and stick to major highways!
- When traveling abroad, map out where you're staying in relation to the rest of the neighborhood to avoid being totally lost. **But just in case, always carry the address/phone number of the place you're staying at** (hotels will have business cards you can stick in your wallet!) so that you can take a cab back or ask someone for directions.
- **Make sure your family and friends know where you are staying** (even give them the phone number) and when you are planning on returning. This way, if something goes wrong, they'll know where to look for you.
- Call your insurance company to see if you have coverage wherever you're going. And if you're going abroad, remember to call your credit card company to let them know (otherwise they may suspect a stolen card).
- **Make copies of your passport and drivers license.** Bring one with you and leave one with a family member or friend. You can never be too careful with documentation!
- Don't walk around with a bunch of large bills. Use smaller change for tipping. **Don't flash your money around**, people go to great lengths for money and you shouldn't let them know you have any. Never count your money in public.
- Call your parents or other family members when you arrive because you know they're going to be worried.
- WEAR SUNSCREEN!
- AND **ALWAYS REMEMBER TO USE PROTECTION** IF YOU DECIDE TO HAVE SEX. STD's tend to damper even the best Spring break experience.

## HEALTH CORNER

Are you sneezing a lot? Have a stuffy or runny nose? Have a sore throat? Sounds like the symptoms of the common cold. During this time of year, colds appear more often which leads to more doctors visits and missed days of school or work.

There are more than 200 different types of viruses that cause the common cold and lead to different illnesses. Viruses can transmit in different ways. The most common ways are touching surfaces that contain these nasty germs then touching your mouth or eyes. Germs can live for days or even weeks and can easily enter your body through direct contact. Another way is inhaling germs from the air when someone sneezes or coughs. Sounds gross, right?

But there are many ways to prevent the common cold that don't include being a germaphobe.

The most important key to prevent the spread of germs is washing your hands regularly, but also to not touch your eyes, mouth, or nose.

Keeping a healthy diet is a very important way to reduce your risk of the common cold. Having a healthy balanced diet boosts your immune system that can help you with a lot of illnesses.

Indulge in healthy nutrients. It's always better to get vitamins and minerals from real food and not ONLY rely on vitamin/mineral supplements.

Real food gives you the whole nutritional package. Along with eating healthy, staying hydrated, and getting enough rests play big contributors to avoiding the common cold and other illnesses.

## TIPS

-Wash your hands with soap and warm water. If no water is available, rub your hands with alcohol-based hand sanitizer.

-Midterms, papers, and projects make it seem like there is no time to fit in exercise, but take a break! A 15-20 minute walk around campus will be beneficial to your body and your brain. You're also getting vitamin D from the sun!

### Foods that will boost your immune system:

Garlic: boosts your immune system, increasing resistance to infection and stress

Cheese and other dairy products: have conjugated linoleic acid  
Yogurt and other cultured milk products: they have probiotics, which are beneficial bacteria. Look for the "live active culture" seal.

Vitamin C: Are all in citrus fruits and juices

Zinc: Are in meat, chicken, & nuts

**Mikaela Aroff**

# STUDIED ABROAD IN TANZANIA

## While Studying Abroad in

I've wanted to study abroad since high school. Last fall I decided that this was the time to do it! I needed a break from my daily routine and to challenge my mind outside of the classroom. I picked the country of Tanzania with the program SIT Zanzibar-Coastal ecology and natural resource management. Living in Tanzania was completely different in every aspect of life. I didn't have class everyday. We traveled as a group to different sites and learned about environmental problems and anthropological impacts. We had discussions rather than lectures. The culture was completely different than anything I'd ever experienced. I lived with my home stay family who were Muslim, and I even wore a headscarf. One of my classes was coastal ecology, a class where we spent half the time snorkeling in the Western Indian Ocean! We studied at the University of Dar Es Salaam for two weeks, where we not only learned about environmental problems, but saw how people in a third world country valued education- wearing ties, dresses, and heels to class everyday, while we wore tank tops or work out shorts. Right before our big project, we went on a safari for two days that was truly amazing.



This is a photo of me with my homestay sister and father.

It was hard living in a third world country, constantly being called "Mzungu" or white person, bathing in a bucket, getting salmonella for two weeks, living in extremely hot weather, and doing an independent project for a whole month where we had to figure out our own housing and transportation. This is something that is already hard to do in the States, imagine doing it in a third world country where you have to speak Swahili! In every experience there are good and bad elements, but in this particular experience, the good overpowered the bad. The loans I took out to afford this costly program will definitely be worth it because I took so much away from this experience: both culturally and intellectually. And now I have a personal relationship to the Swahili people and to a part of the world that I have always wanted to travel to- Africa!

# BROKE AND BORED???

NO Problem! Here are some things you can do for little to no money!

- Go hiking! Chautauqua has great trails and the Flat Irons are beautiful! If you haven't had a chance to check it out yet, you should definitely do so. Just remember to stay on the trails and don't litter while you hike :]
- Want to see some free music? Try the Laughing Goat! Enjoy a cup of coffee and free music (although they do ask for donations, they aren't required). Illegal Pete's on the Hill also has free shows pretty frequently, so look out for those.
- Check out Boulder Creek! Maybe even a picnic and some frisbee?
- Want to see a movie? Program Council puts on free movies and cheap shows frequently. Go to [www.programcouncil.com](http://www.programcouncil.com) for more details!
- The Fiske Planetarium is a pretty great way to entertain yourself, too! Here's some info on that:

**Evening Talks and Shows:**

*Thursdays and Fridays  
7:30 pm  
Adults \$7.00*

**Laser Shows:**

*Fridays  
9:30 pm & 10:45 pm  
All ages \$7.00*

**Family Matinées:**

*Select Saturdays and  
Holidays  
2:00 pm & 3:15 pm  
Adults \$6.00  
Children/Seniors \$3.50*

**BROKE**  
© 2010 Heebry

